ABSTRACT OF THE DISCLOSURE

An exercising device includes a ball body having a peripheral wall and a receiving space, a predetermined volume of filler, and two pulling units. The peripheral wall has a largest diameter not larger than 12 inches, a filling hole in fluid communication with the receiving space, at least two ear portions protruding outwardly from an outer wall surface of the peripheral wall, and a valve member inserted detachably into the filling hole. The filler is introduced into the receiving space through the filling hole. Each pulling unit includes an elastic cord member having a connecting end connected to a respective one of the ear portions and an operating end opposite to the connecting end, and a handgrip connected to the operating end of the cord member.